



ADVENTURES IN LEARNING

Spring 2014: April 2—May 22

501-225-6073 / info@lifequestofarkansas.org

Classes held at Second Presbyterian Church, 600 Pleasant Valley Dr., Little Rock

REGISTRATION FEE: \$60.00 by March 21 - \$70 after March 21

Note: Registration covers all Wednesday & Thursday classes for the entire 8 week term.

Some classes require an additional class fee.

Register AND pay online at www.lifequestofarkansas.org

NEW MEMBER COFFEE & ORIENTATION:

Wed., March 26, 9:30—10:30 a.m. 600 Pleasant Valley Drive

WEDNESDAY CLASSES:

8:30 - 9:50 a.m.

EXPERIENCED SPANISH (1.5 hrs)

Marcie Smith, Instructor; Phil Wittman, Coordinator

For people with some experience speaking Spanish.
(Book, CD, & flash cards may be ordered at an additional cost.)

9:00 - 9:50 a.m.

BEHIND THE HEADLINES

John Brummett, Instructor

Stimulating discussion of late-breaking news.

9:00 - 10:50 a.m.

KNITTING & SHARING (2 hrs)

Jean Wallace, Leader

Share your knitting knowledge and learn from others.

Enrollment limited to 20.

9:00 - 11:50 a.m.

EXPERIENCED WATERCOLOR INSTRUCTION (3 hrs)

Judy Smithey, Instructor ; Marietta Kehler, Coordinator

Watercolor exploration for experienced painters. Bring your table cover, paints, brushes, paper, small easel, water cups & paper towels.

Enrollment limited to 22.

WATERCOLOR STUDIO (3 hrs)

Marietta Kehler, Coordinator

Paint with friends. No instruction.

No studio April 9.

10:00 - 10:50 a.m.

THE GREAT CHURCHES OF MEDIEVAL EUROPE

Jay Fredrich, Instructor; Betty French, Coordinator

Apr. 2 Spirituality, Religious Institutions and the Evolution of Architectural Styles

Apr. 9 Builders and Their Tools

Apr. 16 Geometry and Sacred Spaces

Apr. 23 Foundations, Columns, Arches & Buttresses

Apr. 30 Vaulting, Roofs and Domes

May 7 Lanterns, Towers and Spires

May 14 Light, Sound and Art

May 21 Gold was the Mortar

GREAT BOOKS

William E. Moore, Instructor; Bob Moore, Coordinator

This course provides an opportunity to read and discuss selections of great literature by classic and modern authors using a group discussion approach.

Materials fee = \$10. Class limited to 16.

This class will be repeated in the afternoon.

A ROMP THROUGH THE TWENTIES

Rev. David Dyer, Instructor

The decade of the 1920s, from the end of the First World War to the crash of the stock market and beginning of a world-wide depression, was a pivotal era in the life of America. Charles Lindbergh, Will Rogers, Calvin Coolidge, Babe Ruth and many others strut across the stage. Flappers, pole-sitters, and movie stars steal the scene. The decade of gangsters and radio gives us the "Roaring Twenties." We will look at this time with humor and vision of our society's past.

SPANISH LEVEL II (Hardy Book Series)

Isabel Adams, Instructor; Shelley Wold, Coordinator

Communicate clearly and effectively in past tense; increase your understanding of Spanish grammar; practice word order and use of the direct and indirect object pronouns. Practice conversing.

AN OUNCE OF PREVENTION

Presenters: Sanjay Dass, MD, FAAFP;
Thirumal Dubbaka, MD; Dzaidi Daud; Bob Moore, Coord.

- Apr. 2 The 18 Health Screenings of Medicare
- Apr. 9 Hypertension and You
- Apr. 16 Diabetes and You
- Apr. 23 Heart Health
- Apr. 30 Memory Loss and You
- May 7 Exercise: Be on the Move!
- May 14 Osteoporosis and You
- May 21 Closing Summary—Including Free Blood Pressure and Glucose Testing

CATHOLIC HEALTH
INITIATIVES

St. Vincent

BETTER SAFE THAN SORRY

David Montague and Raye Montague, Coordinators

A weekly discussion on current realities, efforts, and awareness dealing with public safety, provided by members of local law enforcement.

- Apr. 2 Volunteers & Vigilantes
- Apr. 9 Do You Know Where Your Grandchildren Are?
- Apr. 16 Safety in Numbers
- Apr. 23 Drugs Down the Drain
- Apr. 30 Join the Crowd
- May 7 On the Beat
- May 14 What Concerns You?
- May 21 The Bottom Line

11:00 a.m. - 11:50 a.m.

BOOK REVIEW

Shelley Wold, Coordinator

- Apr. 2 The Poet of Tolstoy Park by Sonny Brewer
Jeannie Blakeney
- Apr. 9 "It's Not a Cookbook"
Helen Austin
- Apr. 16 Mr. Chairman by Kay Goss
Barbara Paddock
- Apr. 23 The Boys in the Boat by D.J. Brown
Fayrene Johnson
- Apr. 30 Personal History by Katherine Graham
Suzann Barr
- May 7 American Wife by Curtis Sittenfeld
Karen Russ
- May 14 Paris in the Twentieth Century by Jules Verne
Larry Clarke
- May 21 The Things They Carried by Tim O'Brien
Alison Hargis

THE ROAD TO WAR 1933-1941

Dick Williams, Coordinator

- Apr. 2 The Rise of Adolph Hitler - Dent Gitchel
- Apr. 9 Gen. Billy Mitchell - Justice Bob Brown
- Apr. 16 Sen. Burton K. Wheeler - Fred Ursery
- Apr. 23 Neville Chamberlain - Judge Bill Wilson
- Apr. 30 Harry Hopkins & Averell Harriman - Bob Cabe
- May 7 Winston Churchill - Chris Barrier
- May 14 Charles Lindbergh - Dick Williams
- May 21 Wendell Willkie - Fred Ursery

SWINGIN' DOWN THE LANE

The Big Band Era From A to Z

David Miller, Instructor; Phil Wittman, Coordinator

See vintage videos and learn about the personal lives of famous musicians and vocalists from the mid-20th century. Some will be taking a nostalgic trip down memory lane. Younger students will enjoy a lesson in music history.

RABBI'S ROUNDTABLE

Judaism and Christianity: We're All God's People

Ginger Goodman, Coordinator

A discussion with Rabbi Gene Levy, in rotation with Rabbi Pinchus Ciment, Rabbi Kalman Winnick, and Rabbi Barry Block. One Rabbi each week.

MAKING IT WORK

Janet Elwood, Coordinator

- Apr. 2 Putting the newspaper in your hands
Sonny Albarado, AR Democrat-Gazette
- Apr. 9 Keeping the Arkansas Symphony Playing
Christina Littlejohn, ASO Exec. Director
- Apr. 16 The Best is Yet To Come!
Surprise Presenter
- Apr. 23 From Cow to You
David Rowe, Turner Dairy
- Apr. 30 The Business of Doing Good
Nan Selz, UALR Prof. for Nonprofit Mgmt.
- May 7 3M - Not Just Scotch Tape!
Russ Bryan, 3M of Little Rock
- May 14 How Television is Changing
Craig O'Neill, THV11
- May 21 Keeping the LR Zoo Healthy & Growing
Susan Altrui, LR Zoo

12:00 p.m. - 1:00 p.m.

LUNCH PROGRAMS

Phil Wittman, Coordinator

- Apr. 2 Healing Art Project - Erin Gray, UAMS
- Apr. 9 TBA
- Apr. 16 The Company We Keep - Ruth Shepherd
- Apr. 23 TBA
- Apr. 30 Aging Gracefully - Kellie Coleman, UAMS
- May 7 TBA
- May 14 City Government Update - Stacey Hurst
- May 21 The Belles Trio - Gwen Miller

Wednesday 1:15 p.m. - 2:15 p.m.

ARCHETYPES IN CINEMA

Leslie Middleton, Instructor

- Apr. 2 Introduction - Pleasantville
- Apr. 9 Olympians - Zorba/Song Catcher
- Apr. 16 Magicians - Mary Poppins, Harry Potter
- Apr. 23 Monsters, Vampires, Werewolves, & such
- Apr. 30 Justice - Twelve Angry Men
- May 7 Heroes - The Avengers
- May 14 Class Choice
- May 21 Close - Gravity

THE ROMANOV DYNASTY: Bring Back the Tsars?

Dr. David Larson, Instructor; Garrett McAinsh, Coord.

Follow the dynasty from the time the Romanov family assumed the Russian throne in 1613 through the murder of Nicholas II and the entire royal family in 1918. Hear about the fortunes of the surviving members of the family since 1917 and the current pretender(s) to the Russian throne.

TELLING YOUR STORY

Franchelle Owen & Joy Jones, Instructors;
Shelley Wold, Coordinator

Everybody has lived an interesting life, although sometimes it doesn't seem so to the writer. We will encourage you and help you write your life story. Surprise yourself. Your children and grandchildren will love and appreciate it!

GREAT BOOKS

William E. Moore, Instructor; Bob Moore, Coordinator
This course provides an opportunity to read and discuss selections of great literature by classic and modern authors using a group discussion approach.

Materials fee = \$10. Class limited to 16.

This class is also offered in the morning.

GAMES FOR FUN

Bridge for Fun, Scrabble, and Mah Jongg!

ZUMBA GOLD

Katrina Price, Instructor

Exercise to Latin music. All levels.

1:15 p.m. - 4:00 p.m.

OIL PAINTING INSTRUCTION (3 hrs)

Nancy I. Smith, Coordinator

Oil painting instruction geared toward those with experience. Come with medium size canvas, a tablecloth, and your supplies.

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|---------|-----------------|
| Apr. 2 | Denise Luft |
| Apr. 9 | Denise Luft |
| Apr. 16 | Denise Luft |
| Apr. 23 | Bob Snider |
| Apr. 30 | Bob Snider |
| May 7 | Sean LeCrone |
| May 14 | Sean LeCrone |
| May 21 | John Wooldridge |

Enrollment limited to 22.

PAINTING STUDIO (3 hrs)

Nancy Irving Smith, Coordinator

Paint with friends. No instruction
No studio April 9.

THURSDAY CLASSES:

9:00 - 9:50 a.m.

LIFEQUEST BOOK CLUB

Allan Ward, Instructor & Coordinator

The Company We Keep, by Ruth D. Shepherd will be discussed. The executive director of Just Communities of Arkansas has written about the people that organization and its predecessors have honored for fifty years as contributors to the unity and well-being of our communities.

CLASSIC JAZZ

Pat Henry, Instructor; Phil Wittman, Coordinator

Music, videos and discussion of classic jazz.

GEOGRAPHY OF MIDDLE AMERICA

Gerald Hanson, Instructor; Sandra Hanson, Coordinator

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|---------|---|
| Apr. 3 | Defining Middle America |
| Apr. 10 | Culture & History |
| Apr. 17 | Demographic and Economic Patterns |
| Apr. 24 | The West Indies Islands |
| May 1 | Mexico Pre-Conquest and Colonial Geog. |
| May 8 | Geography of Mexico; Independence to 1950 |
| May 15 | Geography of Contemporary Mexico |
| May 22 | The Central American Countries |

9:00 - 10:50 a.m.

MAH JONGG FOR BEGINNERS ONLY (2 hrs)

Ellen Lowitz, Instructor; Ginger Goodman, Coordinator

Learn to play Mah Jongg. Please purchase your 2014 Mah Jongg card by contacting
www.nationalmahjonggleague.org or calling
212-246-3052. *Limited to 16.*

9:00 a.m. - 12:00 p.m.

BASIC DRAWING & WATER MEDIA (3 hrs)

Joy Jones, Instructor

Marietta Kehler, Coordinator

Bring your choice of charcoal, pencils, graphite, ebony pencil, water color pencils, water color, gouache, acrylic, table cover, and your creativity.

No class April 9.

PAPERCRAFTING: Colors (3 hrs)

Sandy Hanson, Instructor & Coordinator

A determination to have fun is the only prerequisite for this class. Join us to try out new color combinations and revisit old favorites as we make cards and small paper projects. Colors include Calypso Coral, Wisteria Wonder, Brights Palette, Smoky Slate, Elegant Eggplant, Strawberry Slush, and Crumb Cake!

Materials fee = \$25.

Enrollment limited to 12.



10:00 - 10:50 a.m.

Allan Ward, Instructor & Coordinator

SPIRITUAL ETHICS FOR EVERYDAY LIFE

Rabbi Barry Block, Instructor; Ginger Goodman, Coord.

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|---------|------------|
| Apr. 3 | Humility |
| Apr. 10 | Patience |
| Apr. 17 | Gratitude |
| Apr. 24 | Anger |
| May 1 | Generosity |
| May 8 | Truth |
| May 15 | Simplicity |
| May 22 | Trust |

Suzanne Yung, Instructor; Art Gillum, Coordinator
Learn the slow rhythmic movements of Tai Chi-Northern Wu; the 13 Golden Postures and the Tai Chi walk.

Alan Eastham, Retired U.S. Ambassador and current Hendrix Professor, Instructor; Art Gillum, Coordinator

An open-ended, participatory discussion based on topics in the news. Explore how and why foreign policy decisions are made and their success or failure.

11:00 a.m. - 12:00 p.m.

Selected Modern American Poems

Chuck Chappell, Instructor & Coordinator

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|---------|-------------------------|
| Apr. 3 | Robert Frost |
| Apr. 10 | Wallace Stevens |
| Apr. 17 | T. S. Eliot |
| Apr. 24 | William Carlos Williams |
| May 1 | John Crowe Ransom |
| May 8 | E. E. Cummings |
| May 15 | Langston Hughes |
| May 22 | Elizabeth Bishop |

Lorene Megee, Instructor; Art Gillum, Coordinator
Beginning to Intermediate Yoga. Learn basic Hatha
yoga poses for balance, strength, and flexibility. Bring a
yoga mat or blanket. Dress comfortably.

Bob Alexander, Moderator; Raye Montague, Coordinator
Whether liberal or conservative, Democrat or Republi-
can, this class is well-balanced to opposing views.
Emphasis is on polite and rational discussion of pene-
trating analyses, insightful questions and pertinent facts.

April 2

Cheese Tortellini/Marinara
Caesar Salad
French Bread
Brownies

April 9

Chicken Artichoke Casserole
Garden Salad
Wheat Rolls
Turtle Cookies

April 16

Turkey on Wheat
Chips/Fruit
Strawberry Cake

April 23

Shepherd's Pie
Pear and Walnut Salad
Rolls
Apple Crisp

April 30

Chicken Salad & Pasta Salad
Fruit Garni
Chocolate Chunk Cookies

May 7

Tuna Croissant
Lemon Slaw
Pickles
Lemon Bars

May 14

Quiche Lorraine
Orange & Onion Salad
Rolls
Yellow Cake/Chocolate Icing

May 21

Grilled Chicken
Salade Nancy
Cheesy Bread
Key Lime Pie

**LIFEQUEST
CORPORATE SPONSORS**

Platinum



Gold
CATHOLIC HEALTH
INITIATIVES

St. Vincent

Silver

FRIDAY | **ELDREDGE & CLARK LLP**
Client focused every day

